

Peach Apple Crisp

Rating: ★★★★★

Cook time: 40 minutes

Makes: 8 servings

Ingredients

1 1/4 cans peaches, in light syrup, drained, sliced (15 ounce)

2 apples, tart, peeled, sliced (medium)

1/2 teaspoon vanilla

1/4 teaspoon cinnamon (ground)

7/8 cup flour

1/4 cup brown sugar (packed)

3 tablespoons margarine (chilled)

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	170	
Total Fat	4.5 g	7%
Protein	2 g	
Carbohydrates	31 g	10%
Dietary Fiber	2 g	8%
Saturated Fat	1 g	5%
Sodium	45 mg	2%

Directions

1. Preheat oven to 350 degrees. Lightly grease 9x9x2 inch casserole dish.
2. Combine peaches, apples, vanilla, and cinnamon in a bowl. Toss well and spread evenly in greased casserole dish.
3. Combine flour and sugar in small bowl. Cut in margarine with two knives until the mixture resembles coarse meal.
4. Sprinkle flour mixture evenly over fruit.
5. Bake until lightly browned and bubbly, about 20 minutes.

USDA, Center for Nutrition Policy and Promotion (CNPP), Recipes and Tips for Healthy, Thrifty Meals, 2000